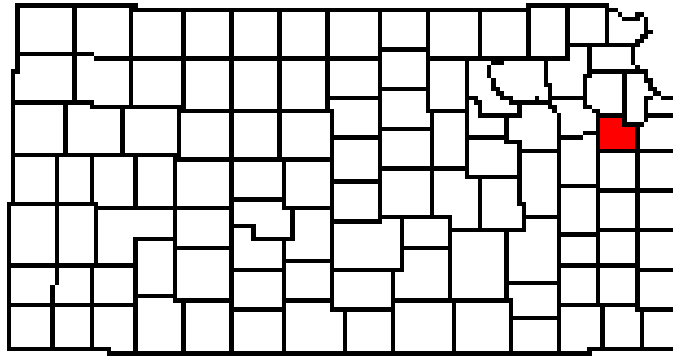


DOUGLAS



Books:

The following Arthritis Foundation books are available at:

[Lawrence Public Library](#)

707 Vermont Street

Lawrence, KS 66044

785-843-3833

<http://www.lawrencepubliclibrary.com/>

Good living with Arthritis

Good living with Osteoarthritis

Good living with Rheumatoid Arthritis

Good living with Fibromyalgia

All about Back Pain

Guide to managing your arthritis

Rheumatologists:

John Martinez

346 Maine

Lawrence, KS 66044

785-842-3778

Nancy Nowlin

330 Arkansas Ste. 110

Lawrence, KS 66044

785-840-2551

Programs:

Arthritis Foundation Aquatic Program

The warm water exercise program offers improved joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

Lawrence Indoor Aquatic Center

4706 Overland Drive

Lawrence, KS 66044

<http://www.lprd.org/>

CONTACT:

785-832-7946

Arthritis Foundation Exercise Program

This program is a gentle land-based exercise class for increasing or maintaining joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

Currently, there are no Arthritis Foundation Exercise Program classes offered in your county. Please see surrounding counties.

Support Groups:

There are no support groups located in your county. Please see surrounding counties.